

**From:** [Canellas, Bart](#)  
**To:** [Little, Bill](#)  
**Subject:** FW: Lead Facts - For WILCOX Resident  
**Date:** Thursday, January 22, 2015 1:27:15 PM

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Could this be of some help to fill out a fact sheet? Maybe removing the email heading and cut and paste into the back of a sheet to fill a fact sheet?

Could talk more tomorrow or Monday.

Bart

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**From:** Meyer, John  
**Sent:** Thursday, January 22, 2015 1:03 PM  
**To:** Canellas, Bart  
**Subject:** FW: Lead Facts - For WILCOX Resident

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**From:** Pettigrew, George  
**Sent:** Thursday, January 22, 2015 10:28 AM  
**To:** Meyer, John  
**Cc:** Hayes, Mark  
**Subject:** Lead Facts - For WILCOX Resident

- **LEAD FACTS**
- Pregnant women, women of child bearing age, and children less than six years of age are at greatest risk for health effects from lead exposure.
- In May 2012, the Centers for Disease Control and Prevention (CDC) updated its recommendations on children's blood lead levels. By shifting the focus to primary prevention of lead exposure, CDC wants to reduce or eliminate dangerous lead sources in children's environments BEFORE they are exposed.
- If elevated blood levels are found, more informed decisions can be made with health care providers on whether to increase the frequency of blood lead testing or the need for other testing such as for nutritional deficiencies.
- Lead poisoning is preventable.
  - Lead poisoning occurs with no obvious symptoms, frequently goes unrecognized, and can affect nearly every system in the body.
  - If left unchecked, very high or elevated blood levels can result in brain and nervous system damage.



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Children can get lead in soil into their bodies by putting their hands or toys with dirt on them in their mouths.

- Children under the age of six years are at the greatest risk for lead poisoning.
- Their brain and nervous systems are still undergoing development.
- High levels or elevated blood levels can lead to slow growth as well as behavior and learning problems.
- Pregnant women should avoid lead exposure.
  - Lead can easily cross the placenta and may be very harmful to your unborn child.
- In May 2012, the Centers for Disease Control and Prevention (CDC) updated its recommendations on children's blood lead levels.
- By shifting the focus to primary prevention of lead exposure, CDC wants to reduce or eliminate dangerous lead sources in children's environments BEFORE they are exposed.
- CDC and ATSDR recommend reducing lead exposure wherever possible because there is no proven safe level of lead in the blood and recommends ways you and your family can prevent lead exposure:
  - Wash children's hands and feet after they have been playing outside and especially before eating
  - Watch children to identify any hand-to-mouth behavior or excessive intentional dirt eating – these behaviors should be modified or eliminated
  - Wash children's toys regularly
  - Wipe shoes on doormat or remove them before going inside
  - Damp/wet mop floors and damp dust counters and furniture regularly
  - Change and launder any dirty clothes after playing outside
  - Frequently bathe your pets to prevent tracking of contaminated soil into your home.
  - Cover bare soil with vegetation (grass, mulch, etc.) to avoid contact or adding a layer of clean soil over existing soil
  - Create a raised bed and fill with clean soil for gardening to reduce exposures from gardening and digging. Rinse produce well to remove garden soil
  - Create safe play areas for children with appropriate and clean ground covers
    - Sand boxes for children that like to dig
    - Raised bed and fill for gardening to reduce exposure
  - Provide a healthy diet for your child that is rich in iron, calcium and vitamin C based on dietary consumption guidelines that are age appropriate to reduce lead absorption.

George L. Pettigrew

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